

Quick & Easy

# 77 KETO

- Dairy Free -

# RECIPES



DAIRY FREE



DAIRY FREE

CLAUDIA J. CALDWELL

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# KETO DAIRY FREE RECIPES

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# HOT CHICKEN AND WAFFLES

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*Prep time: 40 Minutes*

*Nutrition Facts Per Serving*

Calories: 572    Carbs: 22g    Fat: 48g

Fiber: 4g    Protein: 26g

*Makes 7 servings*

## Ingredients

1 recipe Best Fried Chicken Ever

¼ cup hot wing sauce

1 tablespoon cayenne

1 recipe Waffles

6 tablespoons sugar-free maple-flavored syrup

## Method

In a bowl, toss the chicken in the hot sauce and cayenne.

Arrange the chicken on top of the waffles, drizzle the syrup over the top, sprinkle with powdered sweetener, and serve immediately.

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2 tablespoons Swerve  
confectioners'

## SAUSAGE GRAVY

---

*Prep time: 10 Min*

*Cook time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 335    Carbs: 4g    Fat: 31g

Fiber: 1g    Protein: 10g

### Method

*Makes 7 servings*

#### Ingredients

2 tablespoons olive oil

1 pound pork sausage

½ white onion, diced

1 tablespoon minced garlic

1 (14-ounce) can coconut milk

Heat olive oil in skillet over high heat. Add sausage and cook, stirring and breaking up the meat with a spatula, until it begins to brown.

Add the onions and garlic, then continue to cook. Stirring frequently, until the sausage is browned and the onion is soft.

Reduce the heat to medium and clear a space in the center of the meat mixture. Pour the coconut milk into the space. Then,

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$\frac{1}{4}$  cup almond flour

1 teaspoon amaranth flour

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly ground pepper

stirring the milk constantly, add the almond and amaranth flours

Cook, stirring, until the milk and flours are well combines

Now stir the milk mixture and the meat together to mix well, and cook until thickened. Don't be alarmed if the texture is thinner than what you might use to; it will still taste like an old-school, rich, creamy gravy

Season with the salt, and serve hot

# SAUSAGE BREAKFAST HASH

---

*Prep time: 15 Min*

*Cook time: 35 Min*

## *Nutrition Facts Per Serving*

Calories: 331    Carbs: 11g    Fat: 27g

Fiber: 2g    Protein: 11g

**Makes 6 servings**

### **Ingredients**

6 tablespoons olive oil

1 pound kielbasa, cut into ½-inch pieces

1 green bell pepper, seeded and chopped

1 red bell pepper, seeded and chopped

1 red onion, diced

### **Method**

In a large skillet, heat the oil over medium heat. Add the kielbasa and cook, stirring, until browned.

Add the green pepper, red pepper, onion, jalapeño, garlic, salt. Cook, stirring occasionally, for 12 minutes, until the vegetables are softened and browned.

Reduce the heat to medium-low, stir in the tomatoes, cover, and let simmer for 15 minutes. Serve hot.

## KETO DAIRY FREE RECIPES

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1 jalapeño pepper,  
diced

3 garlic cloves,  
minced

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly  
ground black pepper

1 (14-ounce) can  
stewed tomatoes

# RADISH HASH BROWNS WITH ONION AND GREEN PEPPER

---

*Prep time: 5 Min*

*Cook time: 25 Min*

## *Nutrition Facts Per Serving*

Calories: 252    Carbs: 8g    Fat: 24g

Fiber: 2g    Protein: 1g

**Makes 3 servings**

### **Ingredients**

5 tablespoons olive  
oil

12 radishes, thinly  
sliced

1 onion, diced

### **Method**

In a skillet over medium heat, heat the oil. Add the radishes, onion, bell pepper, and garlic. Cook, stirring frequently, until the vegetables are tender, about 5 minutes.

Add the cayenne, salt, and pepper. Continue to cook, stirring occasionally, until the vegetables are browned and crisp around the edges.

## KETO DAIRY FREE RECIPES

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1 green bell pepper,  
seeded and diced

6 garlic cloves,  
minced

1 teaspoon cayenne

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly  
ground black pepper

# MONTE CRISTO SANDWICHES

---

*Prep time: 15 Min*

*Cook time: 25 Min*

## *Nutrition Facts Per Serving*

Calories: 545    Carbs: 11g    Fat: 45g

Fiber: 2g    Protein: 29g

*Makes 7 servings*

### **Ingredients**

6 large eggs

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

2 tablespoons olive  
oil

1 recipe Waffles

### **Method**

In a small bowl, whisk together the eggs, salt.

In a small skillet, heat the oil over medium heat. Add the egg mixture and cook, stirring continuously, until thoroughly cooked.

Top half of each waffle with some of the scrambled egg and 2 or 3 pieces of bacon. Fold the waffle over to make a sandwich and drizzle the syrup over the top. Sprinkle with the

## KETO DAIRY FREE RECIPES

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1 recipe Perfect Bacon

$\frac{1}{4}$  cup low-carb syrup

6 tablespoons Swerve confectioners'

powdered sweetener and serve immediately.

## RUSTIC EGG BITES

---

*Prep time: 20 Min*

*Cook time: 22 Min*

*Nutrition Facts Per Serving*

Calories: 243    Carbs: 3g    Fat: 19g

Fiber: 0g    Protein: 15g

*Makes 12 servings*

### Ingredients

1 tablespoon avocado oil, plus more for greasing the muffin tin

1 pound ground sausage

12 large eggs

2/3 cup canned coconut milk

### Method

Preheat the oven to 400°F. Grease a 12-cup muffin tin with oil.

In a large skillet over high heat, cook the sausage, stirring and breaking up the meat with a spatula, until browned. Remove from the heat and let cool for a few minutes.

Crack the eggs into a medium mixing bowl and add the coconut milk, garlic, salsa, and avocado oil, salt. Whisk to combine.

## KETO DAIRY FREE RECIPES

---

2 tablespoons minced garlic

1 tablespoon salsa

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly ground black pepper

Stir the cooked sausage into the egg mixture, then pour the mixture evenly into the prepared muffin tin. Bake in the preheated oven for 25 minutes.

Serve warm or store in an airtight container in the refrigerator for up to 1 week.

# SUN-DRIED TOMATO AND HAM OMELET

---

*Prep time: 5 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 646    Carbs: 5g    Fat: 54g

Fiber: 3g    Protein: 30g

*Makes 10 servings*

### **Ingredients**

6 large eggs

$\frac{1}{2}$  cup canned coconut milk

1 teaspoon salt

1 teaspoon freshly ground black pepper

$\frac{1}{4}$  cup coconut oil

### **Method**

In a small bowl, whisk together the eggs, milk, and salt.

Heat the oil in a medium pan over medium heat. Add the egg mixture and reduce the heat to low.

Once the egg mixture begins to bubble on the sides, add the spinach, ham, and sun-dried tomatoes, and cook.

## KETO DAIRY FREE RECIPES

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1/2 cup fresh spinach

3/4 cup diced ham

2 tablespoons sun-dried tomatoes

Using a spatula, fold over the eggs once to make a half-moon shape.

Flip carefully and continue cooking for 5 additional minutes.

Transfer to a plate and serve.

# CRESTLESS QUICHE WITH HAM, MUSHROOMS, AND ONION

---

*Prep time: 20 Min*

*Cook time: 70 Min*

## *Nutrition Facts Per Serving*

Calories: 220    Carbs: 5g    Fat: 1g

Fiber: 2g    Protein: 14g

*Makes 8 servings*

### **Ingredients**

2 tablespoons olive oil, plus more for greasing the pie plate

10 large eggs

2 cups diced ham

1 cup mushrooms

### **Method**

1. Preheat the oven to 400°F.
2. Grease a 9-inch glass pie plate.
3. In a large mixing bowl, stir together the eggs, ham, mushrooms, onion, coconut milk, olive oil, garlic powder, salt, and pepper. Pour the mixture into the greased pie plate.

## KETO DAIRY FREE RECIPES

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1 white onion, diced

$\frac{1}{2}$  cup canned  
coconut milk

1 tablespoon garlic  
powder

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly  
ground black pepper

2 tablespoons minced  
fresh chives

4. Bake for 1 hour 10 minutes, until the center is set and the top is golden brown.

5. Serve immediately, garnished with the chives, or wrap and store in the refrigerator for up to 1 week.

# HOME-STYLE FRIED EGGS

---

*Prep time: 2 Min*

*Cook time: 5 Min*

## *Nutrition Facts Per Serving*

Calories: 382    Carbs: 1g    Fat: 37g

Fiber: 0g    Protein: 13g

## **Method**

*Makes 2 servings*

### **Ingredients**

3 tablespoons olive oil or avocado oil

2 large eggs

1 teaspoon salt

$\frac{1}{2}$  teaspoon freshly ground black pepper

In a small skillet over high heat, heat the oil, tilting the pan to coat.

Break the eggs into the hot oil. Season with the salt.

Remove from the heat, and let the eggs continue to cook until the whites are set and the edges are browned and crisp. Serve hot.

## PERFECT BACON

---

*Prep time: 5 Min*

*Cook time: 22 Min*

### *Nutrition Facts Per Serving*

Calories: 100    Carbs: 0g    Fat: 8g

Fiber: 0g    Protein: 7g

### **Method**

*Makes 4 servings*

#### **Ingredients**

1 (12-ounce) package bacon (8 to 12 strips)

Preheat the oven to 400°F.

Line a large baking sheet with two pieces of parchment paper.

Arrange the bacon strips in a single layer on the prepared sheet.

Cook in the preheated oven for 22 minutes.

Let cool slightly before serving.

# WAFFLES

---

*Prep time: 10 Min*

*Cook time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 227    Carbs: 3g    Fat: 19g

Fiber: 0g    Protein: 9g

*Makes 6 servings*

## Ingredients

1 (8-ounce) container  
of dairy-free cream  
cheese

7 large eggs

1½ tablespoons  
cinnamon

4 teaspoons Swerve  
granular

## Method

In a large microwave-safe bowl, heat the cream cheese in the microwave for 45 seconds. Use a wire whisk to whip until fluffy.

Add the eggs and continue to whip until the mixture is well combined and thick. Stir in the cinnamon, sweetener, and 1 tablespoon of oil.

Liberally grease the waffle iron with the remaining 1 tablespoon of oil and pour the batter in the iron ¼ cup at a time. Cook according to the

## KETO DAIRY FREE RECIPES

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2 tablespoons olive oil, divided  
Sugar-free maple-flavored syrup, for serving

waffle iron manufacturer's instructions.

Serve hot, topped with syrup.

## KETO FAUX CAPPUCCINO

---

*Prep time: 10 Min*

*Nutrition Facts Per Serving*

Calories: 183    Carbs: 6g    Fat: 11g

Fiber: 0g    Protein: 13g

*Makes 3 servings*

### **Ingredients**

1/4 cup nut milk

1 scoop vanilla-flavored collagen

1 scoop MCT oil powder

1 cup brewed coffee

### **Method**

Combine the nut milk, collagen, and MCT oil powder in an electric coffee cup. Froth until fluffy and thick.

Combine the froth mixture with the coffee and enjoy immediately.

# CAULIFLOWER OATMEAL WITH BLUEBERRIES

---

*Prep time: 5 Min*

*Cook time: 15 Min*

## *Nutrition Facts Per Serving*

Calories: 684    Carbs: 27g    Fat: 60g

Fiber: 0g    Protein: 9g

*Makes 5 servings*

### **Ingredients**

1 (12-ounce) bag  
riced cauliflower

1 (14-ounce) can  
coconut milk

2 tablespoons walnut  
oil

2 tablespoons peanut  
butter powder

### **Method**

In a medium saucepan, combine the cauliflower and coconut milk and bring to a boil over high heat.

Reduce the heat to medium-low and stir in the walnut oil, peanut butter powder, and syrup. Cook, stirring occasionally.

Serve immediately, topped with the blueberries.

## KETO DAIRY FREE RECIPES

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2 tablespoons sugar-free maple syrup

10 blueberries

# FRIED OYSTERS IN THE OVEN

---

*Prep time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 230    Carbs: 5g    Fat: 17g

Fiber: 0g    Protein: 15g

<b>Makes 4 servings</b>
<b>Ingredients</b>
3 tablespoons olive oil
1 teaspoon garlic salt
1 teaspoon freshly ground black pepper
1 teaspoon red pepper flakes
2 cups finely crushed pork rinds

## Method

Preheat the oven to 400°F.

In a small bowl, mix together the olive oil, garlic salt and red pepper flakes.

Put the crushed pork rinds in a separate bowl.

Dip each oyster first in the oil mixture to coat and then in the pork rinds, turning to coat. Arrange the coated oysters on a baking sheet in a single layer with room in between.

Bake in the preheated oven for 30 minutes, or until the pork

## KETO DAIRY FREE RECIPES

---

24 shucked oysters

rind “breading” is browned and crisp. Serve hot.

# TUNA WITH GREENS AND BLUEBERRIES

---

*Prep time: 10 Min*

*Cook time: 5 Min*

## *Nutrition Facts Per Serving*

Calories: 549    Carbs: 7g    Fat: 41g

Fiber: 3g    Protein: 38g

*Makes 5 servings*

### **Ingredients**

1/4 cup olive

2 (4-ounce) tuna steaks

Freshly ground black pepper

Juice of 1 lemon

4 cups salad greens

### **Method**

In a large skillet, heat the olive oil over high heat.

Season the tuna steaks generously with salt, and add them to the skillet. Cook for 2 1/2 minutes in each side to sear the outer edges.

Squeeze the lemon over the tuna in the pan and remove the fish

To serve, arrange the greens on 2 serving plates. Top each plate

## KETO DAIRY FREE RECIPES

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$\frac{1}{4}$  cup low-carb,  
diary-free ranch  
dressing

20 blueberries

with one of the tuna steaks, 2 tablespoons of the ranch dressing, and 10 of the blueberries.

# COCONUT SHRIMP

---

*Prep time: 20 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 223    Carbs: 7g    Fat: 17g

Fiber: 4g    Protein: 13g

**Makes 4 servings**

### **Ingredients**

Avocado oil spray (or  
other cooking oil  
spray)

3 large egg whites

1 teaspoon cayenne

1 teaspoon garlic salt

1 teaspoon freshly  
ground black pepper

### **Method**

Preheat the oven to 350°F.  
Spray a large baking sheet with  
the avocado oil spray.

In a small bowl, whisk together  
the egg whites, cayenne, garlic  
salt and sweetener.

Put the shredded coconut in a  
separate bowl.

One at a time, dunk the shrimp  
first in the egg mixture and then  
in the coconut, turning to coat  
completely.

## KETO DAIRY FREE RECIPES

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½ teaspoon Swerve  
granular (or another  
granulated alternative  
sweetener)

1 cup unsweetened  
shredded coconut

24 raw shrimp, peeled

Arrange the coated shrimp on the prepared baking sheet in a single layer, with room in between. Once all the shrimp have been coated, spray them lightly with avocado oil spray.

Bake in the preheated oven until the coconut is golden brown.

# BACON-WRAPPED SCALLOP CUPS

---

*Prep time: 10 Min*

*Cook time: 25 Min*

## *Nutrition Facts Per Serving*

Calories: 374    Carbs: 9g    Fat: 26g

Fiber: 4g    Protein: 26g

*Makes 4 servings*

### **Ingredients**

12 large sea scallops

6 strips bacon, halved  
to make 12 short  
strips

24 garlic cloves,  
peeled but left whole

### **Method**

Preheat the oven to 400°F.

Wrap each scallop with 1 piece  
of bacon. Use a toothpick to  
secure the bacon to the scallop.  
Arrange the wrapped scallops  
on a baking sheet.

Place 2 garlic cloves on top of  
each scallop, then top with a  
spoonful of the dressing. Bake  
for 25 minutes, or until the  
bacon is browned and crisp.

5 tablespoons  
Lemon-Garlic  
Dressing

## SALMON PATTIES

---

*Prep time: 10 Min*

*Cook time: 20 Min*

### *Nutrition Facts Per Serving*

Calories: 198    Carbs: 1g    Fat: 14g

Fiber: 0g    Protein: 17g

*Makes 8 servings*

#### **Ingredients**

2 cans boneless  
salmon

1 large egg

1½ tablespoons  
chopped fresh dill

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

#### **Method**

Mix together the salmon, egg, dill, salt in a small mixing bowl. Form the salmon mixture into hamburger-size patties

In a pan over medium heat, heat the olive oil. Add the salmon patties to the pan and cook until golden brown and crisp. Serve hot

## KETO DAIRY FREE RECIPES

---

3 tablespoons olive  
oil

# COUNTRY CLUB CRAB CAKES

---

*Prep time: 10 Min*

*Cook time: 20 Min*

## *Nutrition Facts Per Serving*

Calories: 212    Carbs: 1g    Fat: 16g

Fiber: 0g    Protein: 16g

*Makes 4 servings*

### **Ingredients**

2 (6-ounce) cans  
crabmeat (or 12  
ounces cooked  
crabmeat)

2 large eggs

2 tablespoons  
chopped fresh dill

1 teaspoon garlic salt

### **Method**

In a medium bowl, combine the crabmeat, eggs, dill, and garlic salt. Form the mixture into four patties.

In a medium skillet, heat the olive oil over medium heat. Cook the crab cakes for 4 minutes on each side until golden brown.

## KETO DAIRY FREE RECIPES

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1/4 cup olive oil

## SHRIMP STI-FRY

---

*Prep time: 10 Min*

*Cook time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 231    Carbs: 12g    Fat: 15g

Fiber: 5g    Protein: 12g

*Makes 4 servings*

### Ingredients

1/4 cup avocado oil

1/4 cup coconut aminos

2 cups chopped broccoli

1 onion, diced

1 red bell pepper, chopped

### Method

Combine the shrimp, Cauliflower, onion, pepper, broccoli, coconut aminos, and avocado oil in a large skillet. Cook, stirring occasionally, until all the flavors are combined.

Drizzle the chili sauce over the top and serve hot

## KETO DAIRY FREE RECIPES

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24 cooked and peeled  
shrimp

1 (12-ounce) bag  
riced cauliflower

Chili sauce, for  
serving (Optional)

# BAKED SALMON WITH LEMON AND MUSH

---

*Prep time: 10 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 576    Carbs: 8g    Fat: 44g

Fiber: 3g    Protein: 37g

*Makes 2 servings*

### **Ingredients**

2 skin-on salmon fillets

1 onion, diced

8 ounces mushrooms, sliced

1/4 cup olive oil

1 teaspoon salt

### **Method**

Preheat the oven to 400°F.

Tear off 2 large squares of aluminum foil. Place a salmon fillet on each piece of foil and arrange the onion and mushrooms over and around the fish, dividing evenly.

Pour the olive oil over the fish, then season with the salt. Top each piece of fish with 2 lemon slices.

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1 teaspoon freshly ground black pepper

4 lemon slices

Wrap the foil up around the salmon and vegetables, leaving room inside the packet for heat to circulate, and bake for 30 minutes, or until the fish flakes easily with a fork. Serve hot.

# PAN-FRIED SOFT SHELL CRAB

---

*Prep time: 5 Min*

*Cook time: 10 Min*

## *Nutrition Facts Per Serving*

Calories: 489    Carbs: 6g    Fat: 33g

Fiber: 2g    Protein: 42g

*Makes 2 servings*

### **Ingredients**

½ cup olive oil

½ cup almond flour

1 teaspoon paprika

1 teaspoon garlic salt

1 teaspoon freshly ground black pepper

### **Method**

Fill the bottom of a heavy skillet with the oil and heat over low heat.

While the oil is heating, in a medium bowl, mix together the almond flour, paprika, garlic and salt

Dredge each crab in the flour mixture, coating both sides and shaking off any excess. Put the crabs into the hot oil in the skillet and cook for about 5

## KETO DAIRY FREE RECIPES

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2 soft-shell crabs

minutes per side, or until golden brown.

Serve hot.

# MUSSELS WITH LEMON-GARLIC SAUCE AND PARSLEY

---

*Prep time: 10 Min*

*Cook time: 5 Min*

## *Nutrition Facts Per Serving*

Calories: 230    Carbs: 3g    Fat: 18g

Fiber: 1g    Protein: 14g

*Makes 5 servings*

### **Ingredients**

36 live mussels,  
scrubbed and  
debarred

1 tablespoon olive oil

6 tablespoons  
Lemon-Garlic  
Dressing

### **Method**

Fill a stockpot halfway with water and boil.

Add the mussels and olive oil to the boiling water and continue to boil for 4 minutes. Carefully drain off the water.

Pour the dressing over the mussels and serve immediately, garnished with the parsley.

2 tablespoons  
chopped fresh  
parsley, for garnish

## THREE-MINUTE LOBSTER TAIL

---

*Prep time: 5 Min*

*Cook time: 5 Min*

### *Nutrition Facts Per Serving*

Calories: 154    Carbs: 0g    Fat: 2g

Fiber: 0g    Protein: 32g

*Makes 2 servings*

#### **Ingredients**

4 cups bone broth (or water)

2 lobster tails

#### **Method**

In a large pot, bring the broth to a boil.

While the broth is coming to a boil, use kitchen shears to cut the back side of the lobster shell from end to end.

Place the lobster in the boiling broth and bring it back to a boil. Cook the lobster for 3 minutes.

Drain and serve immediately.

# CAULIFLOWER AND BACON SOUP |

---

*Prep time: 10 Min*

*Cook time: 1 Hour*

*Nutrition Facts Per Serving*

Calories: 414    Carbs: 8g    Fat: 34g

Fiber: 4g    Protein: 19g

*Makes 8 servings*

## **Ingredients**

1 head cauliflower,  
stemmed and cut into  
large pieces

2 (14-ounce) cans  
coconut milk

2 cups bone broth

6 tablespoons olive  
oil, divided

## **Method**

Fill a stockpot halfway with water and add the cauliflower. Bring to a boil and cook until the cauliflower is tender, about 20 minutes. Drain the cauliflower and then return it to the stockpot. Using a potato masher, mash the cauliflower until mostly smooth.

Put the pot over low heat and add the coconut milk and broth.

In a separate skillet, heat 3 tablespoons of oil over medium

## KETO DAIRY FREE RECIPES

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1 onion, diced

1 cup sliced  
mushrooms

6 garlic cloves,  
minced

1½ teaspoons salt

1½ teaspoons freshly  
ground black pepper

1½ teaspoons  
cayenne

1 batch Perfect  
Bacon, chopped or  
crumbled

heat. Add the onion, mushrooms, and garlic. Cook, stirring frequently, for 15 to 20 minutes, or until softened.

Add the onion mixture to the soup mixture and continue cooking over low heat for 5 to 7 more minutes.

Stir in the salt, pepper, cayenne, the remaining 3 tablespoons of oil, and the bacon. Cook for 20 minutes more.

Serve immediately or store the soup in an airtight container in the refrigerator for up to 1 week.

# HEARTY VEGETABLE SOUP

---

*Prep time: 30 Min*

*Cook time: 8 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 168    Carbs: 15g    Fat: 8g

Fiber: 4g    Protein: 9g

## **Method**

*Makes 8 servings*

### **Ingredients**

8 cups vegetable  
broth

2 (14-ounce) cans  
diced tomatoes

1 (16-ounce) bag kale,  
chopped

1 bunch radishes  
(about 12), halved

1 onion, chopped

In a slow cooker, combine the vegetable broth, tomatoes, kale, radishes, onion, celery, green beans, mushrooms, garlic, and olive oil

Cover and cook on low for 8 hours. Serve hot

## KETO DAIRY FREE RECIPES

---

2 celery stalks,  
chopped

2 cups fresh or frozen  
green beans, cut into  
2-inch pieces

1 cup whole  
mushrooms

4 garlic cloves,  
minced

$\frac{1}{4}$  cup olive oil

## STUFFED-PEPPER SOUP

---

*Prep time: 20 Min*

*Cook time: 1 Hr.*

### *Nutrition Facts Per Serving*

Calories: 286    Carbs: 8g    Fat: 18g

Fiber: 3g    Protein: 23g

*Makes 8 servings*

#### **Ingredients**

4 tablespoons olive oil, divided

1 pound ground beef

4 cups bone broth

1 (12-ounce) can tomato sauce

1 (12-ounce) bag riced cauliflower

#### **Method**

In a large pot, heat 2 tablespoons of oil over medium-high heat. Add the beef and cook, stirring, until browned, about 5 minutes.

Add the broth, tomato sauce, cauliflower, olives, peppers, and garlic, and bring to a simmer.

Reduce the heat to low and let simmer for about 1 hour, or until the soup is thickened and the flavors have melded. Serve hot.

## KETO DAIRY FREE RECIPES

---

1 (3.8-ounce) can  
diced black olives,  
drained

2 green bell peppers,  
diced

3 tablespoons minced  
garlic

## BROCCOLI SALAD

---

*Prep time: 10 Min*

*Nutrition Facts Per Serving*

Calories: 564    Carbs: 7g    Fat: 56g

Fiber: 2g    Protein: 7g

*Makes 6 servings*

### **Ingredients**

1 (12-ounce) bag  
broccoli slaw

1½ cups low-carb  
mayonnaise

6 tablespoons salted  
sunflower seeds

½ cup chopped red  
onion

¼ cup white vinegar

### **Method**

In an airtight container, mix the broccoli slaw, mayonnaise, sunflower seeds, onion, vinegar, bacon, sweetener, and grapes (if using).

Cover and wait for at least 2 hours. Serve cold. Store in an airtight container in the refrigerator for up to 3 days.

## KETO DAIRY FREE RECIPES

---

4 strips Perfect Bacon, chopped

2 teaspoons Swerve granular

5 red grapes

# RAINBOW CHOPPED SALAD

---

*Prep time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 864    Carbs: 23g    Fat: 73g

Fiber: 13g    Protein: 35g

*Makes 1 servings*

## **Ingredients**

1 cup chopped romaine lettuce

1 avocado, halved, pitted, peeled, and diced

2 No-Fail Hard-Boiled Eggs, chopped

$\frac{1}{2}$  cup diced Perfect Bacon

10 blueberries

## **Method**

In a medium bowl, combine the lettuce, avocado, eggs, bacon, blueberries, cherry tomatoes, and radish. Add the chicken (if using) and salad dressing, toss to combine, and serve immediately.

4 small cherry tomatoes, halved

1 radish, chopped

1 breast of Slow-Cooker Buffalo Chicken (optional)

$\frac{1}{4}$  cup low-carb, dairy-free ranch dressing

# WEDGE SALAD WITH RANCH DRESSING

---

Prep time: 20 Min

## Nutrition Facts Per Serving

Calories: 201    Carbs: 6g    Fat: 17g

Fiber: 1g    Protein: 6g

<b>Makes 4 servings</b>
<b>Ingredients</b>
1 head iceberg lettuce, cut into 4 wedges
$\frac{1}{2}$ cup low-carb, dairy-free ranch dressing
6 tablespoons bacon bits
1 tomato, diced
4 radishes, diced

## Method

Arrange the lettuce wedges on 4 serving plates. Top each wedge with 2 tablespoons of dressing. Add the bacon bits, tomato, radishes, chives, and pepper. Serve immediately.

$\frac{1}{4}$  cup chopped fresh chives

$\frac{1}{2}$  teaspoon freshly ground black pepper

# COLD CAULIFLOWER “PASTA” SALAD

---

*Prep time: 15 Min*

*Nutrition Facts Per Serving*

Calories: 208    Carbs: 7g    Fat: 16g

Fiber: 3g    Protein: 9g

<b>Makes 8 servings</b>
<b>Ingredients</b>
2 (12-ounce) bags riced cauliflower
1 red bell pepper, seeded and diced
1 cup diced dried salami
1 cucumber, diced
1/4 cup olive oil

## Method

In the microwave, cook the cauliflower rice according to the package directions. Refrigerate for at least 30 minutes.

Add the bell pepper, salami, cucumber, olive oil, garlic, and salt. Mix well, then cover and refrigerate for at least 2 hours to chill.

Serve cold or store in an airtight container in the refrigerator for up to 1 week.

## KETO DAIRY FREE RECIPES

---

2 tablespoons minced  
garlic

1 teaspoon salt

## EGG SALAD WITH DILL

---

*Prep time: 15 Min*

*Nutrition Facts Per Serving*

Calories: 280    Carbs: 1g    Fat: 28g

Fiber: 0g    Protein: 6g

*Makes 12 servings*

### Ingredients

12 No-Fail Hard-Boiled Eggs, peeled and diced

1½ cups low-carb mayonnaise

1 teaspoon salt

1 teaspoon chopped fresh dill

1 teaspoon Swerve granular

### Method

In a medium bowl, combine the eggs, mayonnaise, salt, dill, sweetener, pepper, and paprika.

Cover and refrigerate for 2 hours. Serve cold. Store in an airtight container in the refrigerator for up to 1 week.

½ teaspoon freshly  
ground black pepper

½ teaspoon paprika

## SIMPLE HAM SALAD

---

*Prep time: 10 Min*

*Nutrition Facts Per Serving*

Calories: 434    Carbs: 3g    Fat: 42g

Fiber: 1g    Protein: 11g

*Makes 4 servings*

### **Ingredients**

2 cups diced ham

$\frac{3}{4}$  cup low-carb  
mayonnaise

2 celery stalks, diced

### **Method**

In a small bowl, combine the ham, mayonnaise, and celery, and stir to mix well. Serve immediately or store, covered, in the refrigerator for up to 1 week.

# CHICKEN SALAD WITH GRAPES AND ALMONDS

---

*Prep time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 506    Carbs: 2g    Fat: 46g

Fiber: 1g    Protein: 21g

*Makes 8 servings*

## Ingredients

6 boneless, skinless chicken breasts

3 tablespoons olive oil

1½ cups sugar-free mayonnaise

½ cup diced celery

10 grapes, diced

## Method

Place the chicken breasts in a stockpot and cover completely with water. Bring to a boil and cook until the chicken is cooked through. About 20 minutes. Drain.

Put the chicken in a blender or food processor with the olive oil. Pulse until the chicken is very finely chopped.

In a large bowl, combine the chicken with the mayonnaise, celery, grapes (if using), almonds, poppy seeds, dill, and mustard. Serve immediately or

## KETO DAIRY FREE RECIPES

---

$\frac{1}{4}$  cup slivered  
almonds

3 tablespoons poppy  
seeds

1 tablespoon chopped  
fresh dill

1 tablespoon dry  
mustard

cover and refrigerate for up to 1  
week.

## SPICY SHRIMP SALAD

---

*Prep time: 10 Min*

*Nutrition Facts Per Serving*

Calories: 165    Carbs: 1g    Fat: 9g

Fiber: 0g    Protein: 20g

*Makes 8 servings*

### Ingredients

3 dozen shrimp,  
cooked and peeled

1/4 cup avocado oil

1 tablespoon chopped  
fresh cilantro

1 teaspoon cayenne

1 teaspoon garlic salt

1 teaspoon freshly  
ground black pepper

### Method

In a large bowl, mix together the shrimp, avocado oil, cilantro, cayenne, garlic salt, and pepper.

Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

# SLOW-COOKER BUFFALO CHICKEN

---

*Prep time: 10 Min*

*Cook time: 4 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 218    Carbs: 1g    Fat: 14g

Fiber: 0g    Protein: 22g

*Makes 8 servings*

### **Ingredients**

6 boneless, skinless chicken breasts

1 cup hot wing sauce

1 (8-ounce) container dairy-free cream cheese

1 onion, diced

### **Method**

In the slow cooker, combine the chicken, hot sauce, cream cheese, onion (if using), and olive oil. Cover and cook on low for 7 hours or on high for 4 hours.

Once cooked, transfer the chicken breasts to a cutting board and use two forks to shred the meat. Return the meat to the sauce in the pot.

## KETO DAIRY FREE RECIPES

---

$\frac{1}{4}$  cup olive oil

Serve hot, as a dip, with a side, or straight from the bowl.

# SALT-AND-PEPPER CHICKEN KEBABS WITH PINEAPPLE

---

*Prep time: 15 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 293    Carbs: 7g    Fat: 17g

Fiber: 3g    Protein: 28g

*Makes 6 servings*

### **Ingredients**

6 boneless, skinless  
chicken breasts, cut  
into

2-inch pieces

¼ cup olive oil, plus

2 tablespoons more  
for greasing the  
skewers

### **Method**

Preheat the oven to 400°F.

In a large bowl, toss the chicken pieces with the olive oil, salt, and pepper.

Grease 6 metal skewers with olive oil (so the chicken will be easier to remove when you eat it later). Thread the pineapple, chicken, pepper, onion, and mushrooms onto the skewers, starting and ending each skewer with pineapple.

## KETO DAIRY FREE RECIPES

---

2 teaspoons salt

1 teaspoon freshly ground black pepper

12 (2-inch) chunks pineapple

1 green bell pepper, seeded and cut into squares

1 onion, cut into 2-inch pieces

8 ounces whole mushrooms

Place the skewers on a large rimmed baking sheet and cover with the remaining 2 tablespoons oil. Bake until browned and cooked through.

# UMAMI CHICKEN BURGERS

---

*Prep time: 10 Min*

*Cook time: 20 Min*

## *Nutrition Facts Per Serving*

Calories: 351    Carbs: 4g    Fat: 27g

Fiber: 2g    Protein: 23g

<b>Makes 4 servings</b>
<b>Ingredients</b>
5 tablespoons olive oil, divided
12 ounces spinach
1 pound ground chicken
1/4 cup fish sauce

## **Method**

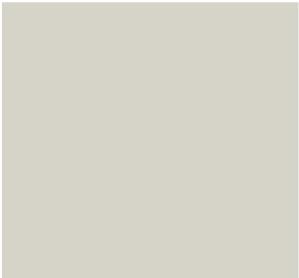
Heat 3 tablespoons of olive oil in a large skillet over medium heat. Add the spinach and sauté until wilted, about 2 minutes. Transfer the spinach to a medium bowl and let cool.

Once the spinach has cooled, add the chicken and fish sauce to it, and mix well with your hands. Form the mixture into 4 patties.

Heat the remaining 2 tablespoons of olive oil in the skillet over medium heat. Add the meat patties to the skillet

## KETO DAIRY FREE RECIPES

---



and cook for about 4 minutes per side, or until browned and cooked through. Serve immediately or wrap and refrigerate for up to 1 week.

# BEST FRIED CHICKEN EVER

---

*Prep time: 3 Hrs.*

*Cook time: 30 To 40 Min*

*Nutrition Facts Per Serving*

Calories: 524    Carbs: 6g    Fat: 44g

Fiber: 3g    Protein: 26g

*Makes 4-6 servings*

## Ingredients

8 to 10 boneless,  
skin-on chicken  
thighs or boneless,  
skinless breasts

1 cup dill pickle juice

¾ cup almond flour

2 tablespoons minced  
garlic

## Method

In a large bowl or plastic bag, combine the chicken with the pickle juice and refrigerate for at least 3 hours or, ideally, overnight.

In a large bowl, combine the almond flour, garlic, pepper, paprika, salt, and dry mustard.

Heat the oil in a large skillet over medium-high heat.

While the oil is heating, remove the chicken from the marinade, shaking off any excess and discarding the marinade. Coat

## KETO DAIRY FREE RECIPES

---

2 teaspoons freshly ground black pepper

2 teaspoons paprika

1½ teaspoons salt

1 teaspoon dry mustard

¾ cup olive oil

each piece of chicken in the flour mixture. Add the coated chicken to the skillet. Reduce the heat to medium-low and cook the chicken, turning it every 5 minutes or so, until it's browned and crispy, about 20 minutes.

Transfer the chicken to a paper towel-lined plate to drain. Serve hot.

# GARLIC CHICKEN WINGS

---

*Prep time: 10 Min*

*Cook time: 1 Hr.*

## *Nutrition Facts Per Serving*

Calories: 880    Carbs: 1g    Fat: 76g

Fiber: 0g    Protein: 48

*Makes 6 servings*

### **Ingredients**

24 frozen chicken wings

1 cup olive oil

6 garlic cloves,  
minced

1½ teaspoons salt

1 teaspoon freshly  
ground black pepper

### **Method**

Preheat the oven to 400°F. Place a baking rack on top of a large baking sheet.

In a large bowl, combine the frozen wings with the olive oil, garlic, salt, and pepper.

Arrange the chicken pieces on top of the baking rack on the baking sheet. Bake in the preheated oven for 1 hour, or until browned and crisp.

# BLACK SKILLET CHICKEN THIGHS WITH ARTICHOKE HEARTS

---

*Prep time: 10 Min*

*Cook time: 50 Min*

## *Nutrition Facts Per Serving*

Calories: 479    Carbs: 6g    Fat: 39g

Fiber: 4g    Protein: 25g

*Makes 6 servings*

### **Ingredients**

6 tablespoons olive oil

6 boneless, skin-on chicken thighs

1 (14-ounce) can artichoke hearts, drained

### **Method**

Preheat the oven to 400°F.

Heat the olive oil in a large cast iron skillet over medium-high heat. Add the chicken and cook until nicely browned on the bottom, about 4 minutes.

Once browned, flip the chicken over and add the artichokes, onion, broth, salt, and pepper.

## KETO DAIRY FREE RECIPES

---

1 onion, diced

½ cup bone broth

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

Juice of 1 lemon

Place the skillet in the preheated oven and cook for 40 minutes, or until the chicken is cooked through.

Remove the skillet from the oven and squeeze the lemon juice over the top. Serve hot.

# CHICKEN WITH DRIED BEEF

---

*Prep time: 20 Min*

*Cook time: 1 Hr.*

## *Nutrition Facts Per Serving*

Calories: 309    Carbs: 2g    Fat: 21g

Fiber: 0g    Protein: 28g

## **Method**

*Makes 12 servings*

### **Ingredients**

6 large boneless,  
skinless chicken  
breasts, each cut in  
half

1 (2-ounce) jar or can  
dried beef

12 strips bacon

1 1/4 cups bone broth

Preheat the oven to 375°F.

Wrap each piece of chicken with 2 pieces of dried beef, and then with 1 slice of bacon. Arrange the wrapped chicken pieces in a baking dish.

In a bowl, mix together the broth, cream cheese, celery, coconut milk, and pepper. Pour the mixture over the chicken pieces.

Bake, uncovered until the chicken is cooked through.

## KETO DAIRY FREE RECIPES

---

8-ounce dairy-free  
cream cheese with  
chives

1 celery stalk, diced

$\frac{1}{2}$  cup canned  
coconut milk

1 teaspoon freshly  
ground black pepper

# CHILI-GARLIC CHICKEN WITH BROCCOLI

---

*Prep time: 10 Min*

*Cook time: 6 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 244    Carbs: 9g    Fat: 11g

Fiber: 0g    Protein: 29g

*Makes 6 servings*

### **Ingredients**

6 boneless, skinless  
chicken breasts  
(about  $1\frac{1}{4}$  pounds  
total), cut into bite-  
size pieces

1 head broccoli,  
chopped

8 ounces whole  
mushrooms

### **Method**

In a slow cooker, combine the chicken, broccoli, mushrooms, onion, bone broth, coconut aminos, chili-garlic sauce, avocado oil, fish sauce, garlic, and ginger.

Cover and cook on low for 6 hours. Serve hot.

## KETO DAIRY FREE RECIPES

---

1 large onion, diced

2 cups bone broth

$\frac{1}{2}$  cup coconut  
aminos

5 tablespoons chili-  
garlic sauce

$\frac{1}{4}$  cup avocado oil

2 tablespoons fish  
sauce

1 teaspoon minced  
garlic

$\frac{1}{2}$  teaspoon grated  
fresh ginger

## POPPY SEED CHICKEN

---

*Prep time: 20 Min*

*Cook time: 45 Min*

### *Nutrition Facts Per Serving*

Calories: 374    Carbs: 7g    Fat: 26g

Fiber: 1g    Protein: 29g

**Makes 8 servings**

#### **Ingredients**

2 tablespoons olive oil, plus more for greasing the baking dish

6 boneless, skinless chicken breasts (about 2 pounds), cooked and shredded

1 (8-ounce) container dairy-free cream cheese

#### **Method**

Preheat the oven to 350°F. Grease a 9-by-13-inch baking dish.

Arrange the shredded chicken in an even layer in the prepared baking dish.

In a medium saucepan over low heat, soften the cream cheese, stirring constantly. Once the cheese is melted, stir in the bone broth, mushrooms, coconut milk, olive oil, and garlic salt.

## KETO DAIRY FREE RECIPES

---

1 cup bone broth  
8 ounces mushrooms,  
sliced

1 14-ounce can  
coconut milk

2 tablespoons olive  
oil

1½ teaspoons garlic  
salt

2 tablespoons poppy  
seeds

¼ cup slivered  
almonds

Continue cooking on low until the sauce is well combined and thickened. Remove from the heat and stir in the poppy seeds. Immediately pour the sauce over the shredded chicken in the baking dish. Sprinkle the almonds over the top and bake in the preheated oven for 40 minutes, or until bubbly.

# DINNER ROAST WITH VEGETABLES

---

*Prep time: 15 Min*

*Cook time: 8 To 10 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 383    Carbs: 4g    Fat: 18g

Fiber: 1g    Protein: 47g

*Makes 8 servings*

### **Ingredients**

1 (3-pound) chuck  
roast

1 bunch radishes  
(about 12), diced

2 cups bone broth

5 celery stalks,  
chopped

### **Method**

In a slow cooker, combine the chuck roast, radishes, bone broth, celery, mushrooms, onion, coconut aminos, and ranch dressing.

Cover and cook on low for 8 to 10 hours, or until the meat can be easily pulled apart with a fork.

## KETO DAIRY FREE RECIPES

---

8 ounces mushrooms,  
diced

1 onion, diced

$\frac{1}{4}$  cup coconut  
aminos

$\frac{1}{2}$  cup dairy-free  
ranch dressing

## CLASSIC KETO MEAT LOAF

---

*Prep time: 10 Min*

*Cook time: 1 Hr.*

### *Nutrition Facts Per Serving*

Calories: 260    Carbs: 3g    Fat: 21g

Fiber: 1g    Protein: 13g

*Makes 8 servings*

#### **Ingredients**

Oil, for greasing the  
baking sheet

1 pound ground beef

½ onion, diced

½ green bell pepper,  
seeded and diced

⅔ cup sugar-free  
ketchup, divided

#### **Method**

Preheat the oven to 350°F.  
Grease a large rimmed baking  
sheet.

In a large bowl, mix together  
the ground beef, onion, green  
pepper, ⅓ cup of ketchup, the  
egg, sage, dry mustard, salt, and  
pepper. Form the mixture into  
a loaf on the baking sheet, and  
then top it with the remaining  
⅓ cup of ketchup.

Cook in the preheated oven for  
1 hour. Let rest for 5 to 10  
minutes before slicing.

## KETO DAIRY FREE RECIPES

---

1 large egg

1 teaspoon dried sage

1 teaspoon dry  
mustard

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

# BEEF LIVER BURGERS

---

*Prep time: 10 Min*

*Cook time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 497    Carbs: 3g    Fat: 41g

Fiber: 0g    Protein: 30g

## Method

*Makes 5 servings*

### Ingredients

1 pound ground beef  
or bison

8 ounces beef liver,  
cut into small pieces

3 tablespoons sugar-  
free ketchup

3 teaspoons garlic  
salt, divided

In a small bowl, combine the ground meat, liver, ketchup, and 2 teaspoons of garlic salt. Mix well and form into 4 to 6 burger patties.

In a cast iron skillet, heat the oil over medium heat. Add the burgers, then sprinkle them with the remaining teaspoon of garlic salt. Cook for 10 minutes per side, or until cooked through. Serve hot.

## KETO DAIRY FREE RECIPES

---

3 tablespoons olive  
oil

# PHILLY CHEESES TEAK BAKE

---

*Prep time: 10 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 534    Carbs: 5g    Fat: 42g

Fiber: 2g    Protein: 34g

*Makes 8 servings*

### **Ingredients**

2 tablespoons olive oil, plus more for greasing the baking dish

1 (8-ounce) container dairy-free cream cheese

$\frac{3}{4}$  cup sugar-free mayonnaise

### **Method**

Preheat the oven to 400°F. Grease a 9-by-13-inch baking dish.

In a medium bowl, stir together the cream cheese, mayonnaise, coconut milk, mustard, and garlic until well combined.

Heat the olive oil in a large skillet over medium heat. Add the tomato, green pepper, onion, and mushrooms. Cook, stirring frequently, until the vegetables are softened, about 8 minutes.

## KETO DAIRY FREE RECIPES

---

$\frac{1}{4}$  cup canned coconut milk or nut milk

$\frac{1}{4}$  cup whole-grain mustard

2 tablespoons minced garlic

2 tablespoons olive oil

1 tomato, chopped

1 green bell pepper, seeded and chopped

1 onion, diced

8 ounces mushrooms, chopped

1 $\frac{1}{2}$  pounds deli-sliced roast beef, chopped

Spread the roast beef in an even layer in the prepared baking dish. Top with the vegetable mixture and then the cream cheese mixture. Bake in the preheated oven for 20 minutes, or until the dish is hot and bubbly.

# SECRET SEASONING SIRLOIN STEAK

---

*Prep time: 5 Min*

*Cook time: 20 Min*

## *Nutrition Facts Per Serving*

Calories: 462    Carbs: 3g    Fat: 34g

Fiber: 2g    Protein: 36g

*Makes 2 servings*

### **Ingredients**

2 (6-to 8-ounce)  
sirloin steaks, at room  
temperature

1/4 cup sugar-free  
ketchup

4 teaspoons garlic salt

1/4 cup olive oil

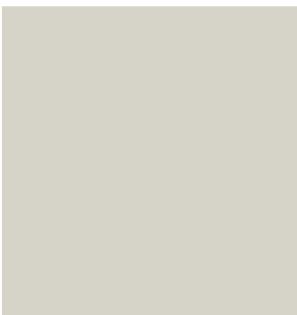
### **Method**

Heat the broiler to high.

Lay out the steaks on a plate  
and cover each side with the  
ketchup and garlic salt.

In a cast iron skillet, heat the oil  
over high heat. Add the steaks  
and cook for 1 minute on each  
side.

Transfer the skillet to the  
broiler and cook for 5 minutes.



Remove the skillet from the oven, flip the steaks over, and let them continue to cook in the hot pan for 10 more minutes.

Serve immediately.

## SLOPPY JOES

---

*Prep time: 10 Min*

*Cook time: 30 Min*

*Nutrition Facts Per Serving*

Calories: 356    Carbs: 4g    Fat: 28g

Fiber: 1g    Protein: 19g

*Makes 4 servings*

### **Ingredients**

1 pound ground beef

1 onion, diced

$\frac{3}{4}$  cup sugar-free  
ketchup

2 tablespoons garlic  
powder

1 tablespoon white  
vinegar

### **Method**

Heat a large skillet over medium-high heat. Add the meat and cook, stirring, until it begins to brown, about 3 minutes. Add the onion and cook, stirring frequently, until the meat is browned, and the onion is softened, about 5 minutes.

Stir in the ketchup, garlic powder, vinegar, and sweetener. Reduce the heat to medium-low and cook for 20 minutes more. Serve hot.

1 tablespoon

Swerve granular

# CABBAGE SLAW WITH GROUND BEEF

---

*Prep time: 5 Min*

*Cook time: 30 Min*

## *Nutrition Facts Per Serving*

Calories: 463    Carbs: 10g    Fat: 39g

Fiber: 1g    Protein: 18g

*Makes 4 servings*

### **Ingredients**

3 tablespoons olive oil

1 pound ground beef

1 (16-ounce) bag cabbage slaw mix

3 tablespoons coconut aminos

### **Method**

Heat the olive oil in a large skillet over high heat. Add the meat and cook, stirring, until browned. Add the cabbage and cook, stirring occasionally, until wilted.

Stir in the coconut aminos and fish sauce, and simmer for 5 minutes more. 3Serve hot or cover and store in the refrigerator for up to 5 days.

## KETO DAIRY FREE RECIPES

---

1 tablespoon fish  
sauce

# CHEESE BURGER HASH

---

*Prep time: 20 Min*

*Cook time: 50 Min*

*Nutrition Facts Per Serving*

Calories: 557    Carbs: 9g    Fat: 45g

Fiber: 4g    Protein: 29g

*Makes 10 servings*

## Ingredients

3 tablespoons olive oil, plus more for greasing the baking dish

2 pounds ground beef

1 (16-ounce) bag cabbage slaw mix

1 large onion, diced

## Method

Preheat the oven to 350°F. Grease a 9-by-13-inch baking dish.

Heat the oil in a large skillet over medium-high heat. Add the meat, cabbage slaw mix, onion, and mushrooms, and cook, stirring frequently, for 15 to 20 minutes, or until the meat is browned and the vegetables are softened.

Transfer the mixture to the prepared baking dish.

## KETO DAIRY FREE RECIPES

---

8 ounces mushrooms,  
sliced

1 (8-ounce) container  
dairy-free cream  
cheese with chives

1 cup canned coconut  
milk

3 tablespoons  
nutritional yeast

2 teaspoons  
granulated garlic

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

1 batch Perfect  
Bacon, crumbled

In a large microwave-safe bowl, heat the cream cheese for 40 seconds in the microwave to soften.

To the bowl with the cream cheese, add the coconut milk, nutritional yeast, garlic, salt, and pepper, and whisk to combine well.

Pour the cream cheese mixture over the meat and vegetables in the baking dish. Bake in the preheated oven for 30 minutes, or until bubbling and lightly browned on top. 7Serve hot, topped with the bacon.

# KIELBASA AND SAUERKRAUT

---

*Prep time: 5 Min*

*Cook time: 10 Min*

*Nutrition Facts Per Serving*

Calories: 435    Carbs: 6g    Fat: 39g

Fiber: 3g    Protein: 29g

**Makes 4 servings**

## **Ingredients**

1 (16-ounce) jar or  
can sauerkraut

1 pound pork  
kielbasa, diced

2 tablespoons olive  
oil

## **Method**

In a medium saucepan, bring the sauerkraut to a boil over medium-high heat. Add the diced sausage and the olive oil, and simmer over low heat until heated through, about 5 minutes.

# POTLUCK BBQ PORK

---

*Prep time: 10 Min*

*Cook time: 8 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 342    Carbs: 10g    Fat: 22g

Fiber: 4g    Protein: 29g

*Makes 7 servings*

### **Ingredients**

1 (2-pound) whole  
pork shoulder

2 (6-ounce) cans  
tomato paste

1 white onion, diced

1 cup low-carb  
tomato sauce

1 batch Red Pepper  
Dry Rub

### **Method**

In a large slow cooker, combine the pork, tomato paste, onion, tomato sauce, dry rub, vinegar, coconut aminos, and mustard.

Cover and cook on low for 8 hours.

Once cooked, remove the meat and shred it using a hand mixer or two forks. Return the meat to the pot and stir to mix well. Serve hot.

## KETO DAIRY FREE RECIPES

---

3 tablespoons white  
vinegar

2 tablespoons  
coconut aminos

2 tablespoons whole-  
grain mustard

# GARLIC PORK CHOPS WITH ONION-AND-MUSHROOM GRAVY

---

*Prep time: 10 Min*

*Cook time: 1 Hr.*

## *Nutrition Facts Per Serving*

Calories: 416    Carbs: 10g    Fat: 24g

Fiber: 2g    Protein: 40g

*Makes 4 servings*

### **Ingredients**

1/4 cup garlic powder

1 teaspoon salt

1 teaspoon freshly  
ground black pepper

1/2 teaspoon cayenne

### **Method**

In a small bowl, mix together the garlic powder, salt, pepper, and cayenne.

Coat the pork chops with the spice rub mixture, using all of the mixture.

Heat the oil in a large cast iron skillet over medium heat. Add the mushrooms and onion and cook, stirring frequently, until softened. Add the broth and

4 pork chops

1/4 cup olive oil

8 ounces whole  
mushrooms

1 onion, diced

2 cups bone broth

1/4 cup coconut milk

cook until the liquid is reduced  
by about half.

Increase the heat to high and  
add the pork chops. Cook for  
10 minutes on each side,  
depending on the thickness of  
the pork chop.

Remove the chops from the  
skillet, but continue to cook the  
vegetables in the skillet. Add  
the coconut milk and cook,  
stirring frequently, until heated  
through and combined.

Serve the chops with the  
vegetables and gravy poured  
over the top.

# LEMON-GARLIC PORK TENDERLOIN WITH RADISHES AND GREEN PEPPER

---

*Prep time: 10 Min*

*Cook time: 8 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 249    Carbs: 2g    Fat: 21g

Fiber: 0g    Protein: 13g

*Makes 8 servings*

### **Ingredients**

1 pound pork  
tenderloin

1/4 cup olive oil

1 bunch of radishes  
(about 12), diced

### **Method**

Place the pork in a slow cooker and pour the olive oil over the top. Add the radishes and green bell pepper. Pour the broth and dressing over the top. Lay the lemon slices on top of the pork.

Cover and cook on low for 8 hours, until the pork is very tender.

1 green bell pepper,  
seeded and diced

1 cup bone broth

$\frac{3}{4}$  cup Lemon-Garlic  
Dressing

4 lemon slices

## DRY RUB RIBS

---

*Prep time: 10 Min*

*Cook time: 8 Hrs.*

### *Nutrition Facts Per Serving*

Calories: 336    Carbs: 0g    Fat: 32g

Fiber: 0g    Protein: 12g

### **Method**

*Makes 8 servings*

#### **Ingredients**

1 full rack baby back ribs, cut in half to fit in the pot

6 tablespoons olive oil

2 batches Red Pepper Dry Rub

1/2 cup water

Coat the ribs with the oil and then with the dry rub, and put them in a slow cooker with the water.

Cover and cook on low for 8 hours. Serve hot.

## BACON-WRAPPED “FRIED” PICKLES

---

*Prep time: 12 Min*

*Cook time: 25 Min*

### *Nutrition Facts Per Serving*

Calories: 104    Carbs: 0g    Fat: 8g

Fiber: 0g    Protein: 7g

*Makes 12 servings*

#### **Ingredients**

12 dill pickle spears

12 strips bacon

#### **Method**

Preheat the oven to 400°F.

Wrap each pickle spear tightly with 1 piece of bacon.

Arrange the wrapped pickles on the baking sheet and bake for 25 minutes, or until the bacon is crispy.

Place on a wire rack to cool; the pickle juice and bacon fat make for a very hot

# STUFFED POBLANO PEPPERS

---

*Prep time: 10 Min*

*Cook time: 40 Min*

*Nutrition Facts Per Serving*

Calories: 271    Carbs: 7g    Fat: 19g

Fiber: 2g    Protein: 18g

*Makes 5 servings*

## Ingredients

2 tablespoons olive oil, plus more for greasing the baking dish

1 pound ground pork

1 (4-ounce) can diced green chiles

½ cup tomato sauce

## Method

Preheat the oven to 400°F. Grease a 9-inch square baking dish.

In a large skillet, heat the olive oil over medium-high heat. Add the pork and begin to brown.

As the meat begins to brown, add the diced green chiles, tomato sauce, jalapeño, garlic, basil, salt, and pepper. Cook, stirring frequently, until the meat is browned, about 5 minutes.

- 1 jalapeño pepper, chopped
- 1 tablespoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 5 poblano peppers

Stuff each poblano pepper with the meat mixture, and arrange the stuffed peppers in the prepared baking dish. Bake in the preheated oven for 30 minutes, or until bubbling and browned on the top.

## SHEPHERD'S PIE

---

*Prep time: 45 Min*

*Cook time: 8 Hrs.*

### *Nutrition Facts Per Serving*

Calories: 476    Carbs: 6g    Fat: 40g

Fiber: 2g    Protein: 23g

### **Method**

*Makes 10 servings*

#### **Ingredients**

2 pounds ground  
sausage

1 (12-ounce) bag  
spinach

1 cup sliced  
mushrooms

1 onion, diced

1 cup bone broth

In a slow cooker, combine the sausage, spinach, mushrooms, onion, broth, coconut aminos, and garlic.

Cover and cook on low for 7 hours.

Spread the Cauliflower Mash over the meat mixture. Cover and cook for an additional 30 minutes to 1 hour.

Serve hot.

## KETO DAIRY FREE RECIPES

---

1/4 cup coconut  
aminos

2 tablespoons minced  
garlic

1 recipe Cauliflower  
Mash, prepared but  
uncooked

# GROUND-PORK SKILLET WITH ZUCCHINI AND ONION

---

*Prep time: 10 Min*

*Cook time: 20 Min*

*Nutrition Facts Per Serving*

Calories: 329    Carbs: 5g    Fat: 29g

Fiber: 1g    Protein: 15g

*Makes 6 servings*

## Ingredients

2 tablespoons olive oil

1 pound ground pork

1 large onion, diced

1 cup coconut milk

## Method

Heat the olive oil in a large skillet over high heat. Add the pork and cook, stirring, until browned. Add the onion and cook, stirring frequently, until softened.

Stir in the coconut milk, garlic, salt, and pepper. Reduce the heat to low and cook until the sauce thickens.

## KETO DAIRY FREE RECIPES

---

2 tablespoons minced garlic

1 teaspoon salt

1 teaspoon freshly ground black pepper

15 medium zucchini, spiraled

Add the zucchini, toss to mix, and serve immediately.

## SAUSAGE BALLS

---

*Prep time: 15 Min*

*Cook time: 25 Min*

*Nutrition Facts Per Serving*

Calories: 258 Carbs: 0g Fat: 22g

Fiber: 0g Protein: 15g

### Method

*Makes 15 servings*

#### Ingredients

Oil, for greasing the  
baking sheet

1 pound loose  
breakfast sausage

2 tablespoons almond  
flour

1 tablespoon hot  
wing sauce

1 teaspoon cayenne

Preheat the oven to 350°F.  
Grease a large rimmed baking  
sheet.

In a medium bowl, thoroughly  
mix the breakfast sausage,  
almond flour, hot sauce, and  
cayenne. Form into bite-size  
balls and place on the greased  
baking sheet.

Bake for 25 minutes, or until  
browned and cooked through.

## NO-BAKE HAYSTACK COOKIES

---

Prep time: 10 Min

[Plus 3 Hrs. For Chilling]

*Nutrition Facts Per Serving*

Calories: 172    Carbs: 5g    Fat: 16g

Fiber: 3g    Protein: 2g

*Makes 15 To 18  
servings*

### Ingredients

1 (8-ounce) container  
dairy-free cream  
cheese

$\frac{3}{4}$  cup unsweetened  
shredded coconut

$\frac{1}{2}$  cup Swerve  
granular

### Method

In a small microwave-safe bowl, melt the cream cheese in the microwave for 30 seconds. Whisk in the coconut, sweetener, peanut butter, cacao powder, and chia seeds.

On a baking sheet or plate, form the mixture into small domes, or “haystacks.” Chill in the refrigerator for 3 hours

1/4 cup peanut butter

1 tablespoon cacao  
powder

1 tablespoon chia  
seeds

# MACADAMIA NUT BUTTER CUPS

---

*Prep time: 10 Min*

*(4 Hrs. For Chilling)*

## *Nutrition Facts Per Serving*

Calories: 329    Carbs: 5g    Fat: 33g

Fiber: 1g    Protein: 3g

*Makes 12 servings*

### **Ingredients**

Coconut oil, for greasing the pan

1 batch Macadamia Nut Butter

$\frac{1}{2}$  batch Chocolate Sauce

### **Method**

Grease a silicone muffin pan with coconut oil.

Pour the nut butter into the cups, dividing equally. Dampen your hands with cold water and use your fingertips to pat down and flatten the nut butter.

Freeze for at least 2 hours, or until hardened.

Pour the chocolate sauce over the chilled cups and freeze for at least another 2 hours, or until

## KETO DAIRY FREE RECIPES

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hardened. Serve straight from the freezer.

# PEANUT BUTTER COOKIES

---

*Prep time: 12 Min*

*Nutrition Facts Per Serving*

Calories: 118    Carbs: 3g    Fat: 10g

Fiber: 1g    Protein: 4g

*Makes 15 servings*

## Ingredients

$\frac{3}{4}$  cup peanut butter

1 cup Swerve  
confectioners' (or  
another powdered  
alternative sweetener)

$\frac{1}{4}$  cup olive oil

1 large egg

## Method

Preheat the oven to 325°F. Line a large baking sheet with parchment paper.

In a medium bowl, combine the peanut butter, sweetener, oil, and egg. Mix well.

Roll the batter into 1-inch balls and arrange them on the prepared baking sheet 2 inches apart. Press the tines of a fork into each cookie to get the traditional crosshatch design.

Bake for 12 minutes, or until lightly browned and crisp.

## BEST BROWNIES

---

*Prep time: 10 Min*

*Cook time: 25 Min*

*Nutrition Facts Per Serving*

Calories: 288    Carbs: 13g    Fat: 24g

Fiber: 8g    Protein: 5g

### Method

*Makes 10 servings*

#### Ingredients

1¼ cups Swerve  
granular

½ cup almond flour

½ cup coconut flour

½ cup cacao powder

1 teaspoon baking  
powder

1 cup olive oil

Preheat the oven to 350°F.

In a stand mixer, combine the sweetener, almond flour, coconut flour, cacao powder, and baking powder. With the mixer running, add the olive oil, coconut milk, egg, and vanilla extract. Mix until well combined.

Fill the wells of a standard 12-cup muffin tin about halfway with the batter.

## KETO DAIRY FREE RECIPES

---

½ cup plus

2 tablespoons canned  
coconut milk

1 large egg

2 teaspoons vanilla  
extract

Bake in the preheated oven for  
25 minutes.

Set the pan on a wire rack to  
cool completely before serving

## LEMON SQUARES

---

*Prep time: 8 Min*

*Cook time: 50 Min*

### *Nutrition Facts Per Serving*

Calories: 115    Carbs: 13g    Fat: 11g

Fiber: 0g    Protein: 3g

<b>Makes 9 servings</b>
<b>Ingredients</b>
6 tablespoons coconut oil, melted,
1 lemon, quartered and seeded
4 large eggs
1 cup Swerve granular

### **Method**

Preheat the oven to 325°F. Grease a 9-inch square baking dish.

Put the lemon wedges (including the peel) in the blender and add the eggs, sweetener, and oil. Blend until smooth.

Pour the mixture into the prepared baking dish and bake for 50 minutes, or until set. Cool on a rack before cutting into squares to serve.

## PUMPKIN CHEESE CAKE

---

*Prep time: 20 Min*

*Cook time: 1 Hr.*

### *Nutrition Facts Per Serving*

Calories: 246    Carbs: 5g    Fat: 22g

Fiber: 0g    Protein: 7g

*Makes 10 servings*

#### **Ingredients**

6 tablespoons  
coconut oil, plus  
more for greasing the  
pan

1 cup almonds

1 (8-ounce) container  
dairy-free cream  
cheese, at room  
temperature

4 large eggs

#### **Method**

Preheat the oven to 350°F.  
Grease a standard 12-cup  
muffin tin or a 9-inch pie plate  
with coconut oil.

In a blender or food processor,  
combine the coconut oil and  
almonds, and process until  
finely ground.

Press the almond mixture into  
the bottom of the prepared  
muffin tin or pie plate and  
refrigerate while you make the  
filling.

## KETO DAIRY FREE RECIPES

---

½ cup Swerve  
granular

½ cup pure pumpkin  
purée

2 teaspoons vanilla  
extract

1½ teaspoons ground  
cinnamon

1 teaspoon ground  
allspice

1 teaspoon ground  
ginger

1 teaspoon ground  
cloves

In a large mixing bowl, combine the cream cheese, eggs, sweetener, pumpkin purée, vanilla extract, cinnamon, allspice, ginger, and cloves, and beat to mix well.

Remove the chilled crust from the refrigerator and pour in the filling mixture.

Bake in the preheated oven until the center is set.

# CHOCOLATE CHIP SKILLET COOKIE

---

*Prep time: 10 Min*

*Cook time: 25 Min*

## *Nutrition Facts Per Serving*

Calories: 415    Carbs: 4g    Fat: 43g

Fiber: 1g    Protein: 3g

*Makes 4 servings*

### **Ingredients**

Coconut oil, for greasing the skillet

1 cup low-carb baking mix

$\frac{3}{4}$  cup Swerve granular

$\frac{3}{4}$  cup cacao butter, melted

### **Method**

Preheat the oven to 350°F. Grease a 7-inch cast iron skillet with coconut oil.

In a mixing bowl, stir together the low-carb baking mix and sweetener. Add the melted cacao butter and vanilla extract and mix until well combined. Fold in the chocolate chips.

Pour the mixture into the greased skillet and bake for 25 minutes

2 teaspoons vanilla  
extract

¼ cup dairy-free  
chocolate chips

# CHOCOLATE BACON WITH PINK HI-MALAYAN SALT

---

*Prep time: 10 Min*

*(2 Hrs. For Freezing)*

## *Nutrition Facts Per Serving*

Calories: 264    Carbs: 2g    Fat: 24g

Fiber: 0g    Protein: 10g

*Makes 4 servings*

### **Ingredients**

1 batch Perfect Bacon, cooled

$\frac{1}{2}$  batch Chocolate Sauce

1 tablespoon pink Himalayan salt

### **Method**

Arrange the bacon on a large rimmed baking sheet and drizzle the chocolate sauce over the top.

Sprinkle with the salt and freeze for at least 2 hours, or until hardened.

Serve chilled or store in a zip-top bag in the freezer for up to 3 months.

# CHOCOLATE CHIP PIE

---

*Prep time: 20 Min*

*Cook time: 40 Min*

## *Nutrition Facts Per Serving*

Calories: 538    Carbs: 6g    Fat: 54g

Fiber: 4g    Protein: 7g

### **Method**

*Makes 10 servings*

#### **Ingredients**

For The Crust

2 cups almonds

1 cup cacao butter,  
melted

For The Filling

4 large eggs

$\frac{3}{4}$  cup cacao butter,  
melted

Making Crust

Preheat the oven to 350°F.

In a blender, blend the almonds and melted cacao butter. Spread the mixture out in a 9-inch pie plate. Using wet fingers, press the mixture down to spread it and smooth it out.

Bake in the preheated oven for 10 minutes.

Remove from the oven (but leave the oven on), and chill in

## KETO DAIRY FREE RECIPES

---

$\frac{3}{4}$  cup Swerve  
granular (or another  
granulated alternative  
sweetener)

$\frac{1}{2}$  cup dairy-free  
chocolate chips

the refrigerator while you make  
the filling.

### Making the Filling

In a mixing bowl, combine the  
eggs, cacao butter, and  
sweetener. Stir in the chocolate  
chips.

Pour the batter into the chilled  
crust and bake for 30 minutes.

Chill until set, at least 2 hours,  
and serve cold.

# PULLED PORK AFELIA

---

*Prep time: 5 Min*

*Cook time: 6 Hrs.*

## *Nutrition Facts Per Serving*

Calories: 638   Cholesterol: 153 mg   Sodium: 991mg

Total Carbs: 4.3g   Fiber: 1.2g   Sugar: 1.4g   Protein: 40g

<b>Makes 8 servings</b>
<b>Ingredients</b>
$\frac{3}{4}$ cup red wine
$\frac{1}{2}$ cup olive oil
2 onions, peeled and diced into wedges
1 $\frac{1}{2}$ tablespoons coriander seed, crushed
1 whole garlic, diced in half

## **Method**

Rub the pork with salt and place it in a zip lock bag along with half of the onion.

Mix all the remaining ingredients for marinade and pour the marinade into the bag.

Shake well and seal the bag to refrigerate for 12 hours.

Set your oven to 260°F (125°C).

Transfer the meat to a casserole dish along with its marinade and remaining onion.

## KETO DAIRY FREE RECIPES

---

2 teaspoons dried thyme

2 teaspoons ground black pepper

2 teaspoons ground cinnamon

3 lbs. pork shoulder

1 tablespoon salt

Cover the casserole dish and place it in the lower part of the oven for 5 to 6 hours.

Once done, pull the pork apart with forks and mix it well with the gravy.

Adjust seasoning as desired.

Serve warm.

# PORK CHOPS WITH CABBAGE CASSEROLE

---

*Prep time: 5 Min*

*Cook time: 45 Min*

## *Nutrition Facts Per Serving*

Calories: 782   Cholesterol: 219 mg   Total Carbs: 10.9g

Sugar: 4.4g   Protein: 36.5g

*Makes 6 servings*

### **Ingredients**

Cabbage casserole

2 lbs. green cabbage

1 yellow onion

2 garlic cloves

2 2/3 oz. butter

### **Method**

Set the oven to 400 F.

Slice onion, garlic, and green cabbage using a mandolin slicer in thin shreds.

Heat butter in a large skillet and sauté all the vegetables for 10 minutes until soft.

Stir in sour cream, heavy cream, spices, and cream cheese.

## KETO DAIRY FREE RECIPES

---

1¼ cups heavy whipping cream  
½ cup sour cream or crème Fraiche  
5 oz. cream cheese  
1 tablespoon ranch seasoning  
1 teaspoon salt  
¼ teaspoon ground black pepper  
5 oz. shredded cheese  
Pork Chops  
2 lbs. pork chops  
Salt and pepper, to taste  
1/6 oz. butter  
Parmesan butter  
5 1/3 oz. butter  
2 oz. parmesan cheese  
½ teaspoon sea salt

Combine well and allow it to simmer for 10 minutes.

Transfer the mixture to a casserole dish and add cheese on top.

Let it bake for 20 minutes in the oven.

Combine all the ingredients for the parmesan butter in a small bowl.

Mix pork chops with salt and pepper for seasoning.

Sear it in the heated butter until al dente.

Let the meat to rest for 5 minutes then serve with the casserole and parmesan butter.

1 pinch ground black  
pepper

# SCALLOPS WITH HERB BUTTER

---

*Prep time: 5 Min*

*Cook time: 5 Min*

*Total Time: 10 Min*

## *Nutrition Facts Per Serving*

Calories: 577   Cholesterol: 176 mg   Total Carbs: 2.2g

Sugar: 0.1g   Protein: 10.9g

<i>Makes 4 servings</i>
<b>Ingredients</b>
8 scallops
Herb butter
4 $\frac{1}{4}$ oz. butter, at room temperature
2 garlic cloves

## **Method**

Whisk all the ingredients for the herb butter in a small bowl. Keep it aside.

Sear the scallops for 30 seconds per side, in a hot skillet until they are nicely browned.

Transfer the scallops to four serving bowls. Top each with herb butter mixture.

## KETO DAIRY FREE RECIPES

---

2 tablespoons  
chopped fresh parsley

1 teaspoon lemon  
juice

1 teaspoon sea salt

$\frac{1}{4}$  teaspoon ground  
black pepper

Broil for a few minutes at 450°F  
(225°C) or until it bubbles.

Serve warm.

## PEPPER SHRIMP

---

*Prep time: 10 Min*

*Cook time: 15 Min*

*Total Time: 25 Min*

### *Nutrition Facts Per Serving*

Calories: 242   Cholesterol: 177 mg   Total Carbs: 4.1g

Fiber: 0.4g   Sugar: 0.2g   Protein: 13.6g

### **Method**

*Makes 3 servings*

#### **Ingredients**

2 tablespoons butter

½ teaspoon smoked paprika

1 pound shrimps, peeled and deveined

1 red chili pepper, seeded and chopped

Combine all the ingredients in a bowl except lemongrass.

Marinate the shrimps for 2 hours.

Preheat your oven to 390 F.

Thread the cooked shrimps on the lemongrass stalks.

Bake the shrimps for 15 minutes.

## KETO DAIRY FREE RECIPES

---

Lemongrass stalks

Serve warm with mayo sauce as desired.

## TUNA CASSEROLE

---

*Prep time: 5 Min*

*Cook time: 15 Min*

*Total Time: 20 Min*

### *Nutrition Facts Per Serving*

Calories: 622   Cholesterol: 78 mg   Total Fat: 51.8g

Total Carbs: 21.7g   Fiber: 2.1g   Sugar: 6.7g   Protein: 22.2g

*Makes 6 servings*

#### **Ingredients**

2 oz. butter

1 yellow onion

1 green bell pepper

2 celery stalks

1 lb. tuna in olive oil,  
drained

#### **Method**

Set the oven to 400 F.

Add and heat butter in a skillet and sauté onion, celery and bell pepper for 3 minutes.

Season the mixture with salt and pepper.

Add tuna, parmesan cheese, chili flakes and mayonnaise to a greased baking dish.

## KETO DAIRY FREE RECIPES

---

1 cup mayonnaise

4 oz. freshly shredded  
parmesan cheese

1 teaspoon chili flakes

Salt and pepper, to  
taste Serving

6 oz. baby spinach

Mix well and top the mixture  
with onion mixture and spinach  
leaves.

Bake for 15 to 20 minutes until  
golden brown.

Serve warm.

## SMOKED MUSSEL

---

Prep time: 5 Min

Cook time: 8 Min

Total Time: 13 Min

### Nutrition Facts Per Serving

Calories: 474   Cholesterol: 133 mg   Total Carbs: 14.3g

Total Fat: 36.9g   Fiber: 4.7g   Protein: 24g

### Method

*Makes 6 servings*

#### Ingredients

4 eggs 8 oz. smoked,  
canned mussels  
(about 3.5 oz. per  
can, drained)

2 avocados

1/2 cup mayonnaise

Boil water in a pot and cook eggs for 4 to 8 minutes.

Once boiled, place the eggs in an ice bath for 2 minutes. Peel and dice into cubes.

Mix the eggs with avocado, mussels, mayonnaise, spinach and cottage cheese.

Top the mixture with salt, pepper, and olive oil.

## KETO DAIRY FREE RECIPES

---

Serve.

1½ oz. baby spinach

2 tablespoons olive  
oil

½ cup cottage cheese  
(optional)

1 tablespoon fresh  
chives, chopped  
(optional)

Salt and pepper, to  
taste